


**Figure 1.** Schematic representation of the experimental design. The subjects were divided into two groups: control group (CG) and intervention group (IG). The CG received no intervention, while the IG received a 6-week intervention program. The outcome measures were measured at baseline, post-intervention, and follow-up.

2. These statements were made with the knowledge that willful false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code and that such willful false statements may jeopardize the validity of this application or any patent issued thereon.

Inventor's Full Name:

Jian Qin

Inventor's Signature:



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Inventor's Country of Citizenship:

United States of America

Inventor's Residence Address:

3316 S. Scarlet Oak Lane  
Appleton, WI 54915

Inventor's Post Office Address:

Same as Residence Address

104031 6529001